



## When the baby can't sleep

It's in the long peaceful hours of sleep that your baby grows. When he can't sleep something is wrong. He may be nervous from too much playing—he may be too warm or too cold—something may be hurting him. But most likely of all—his food is wrong.

Perhaps his little system is desperately struggling with the heavy curd and the germs of cow's milk. Cow's milk is meant for the four big stomachs of a calf—not the one tiny stomach of your baby.

The baby will sleep as he should and grow as he should if you give him the food he needs. Nurse him if you can. If you can't, give him the nearest thing to mother's milk,

## Nestlé's Food

(A complete food—not a milk modifier)

Because it has fresh cow's milk as a basis, it contains all the good that cow's milk contains.

Because all the dangers are removed, the tough curd modified and other baby needs added, it is just what your baby needs to build a healthy body.

Because it is made scientifically—and reduced to a powder—because no hand touches it and it comes to you in an airtight can—because you add only water and boil—it is as free from germs as mother's milk itself.

Remember, it is raw cow's milk that so often brings germs of scarlet fever, diphtheria and summer complaint to babies. Keep those deadly germs away from your baby. Keep him safe on Nestlé's.

Send the coupon for free sample box of Nestlé's—enough for 12 feedings—and the Specialist's book on the care of babies. Don't delay. Your baby's health depends on the food you give him now.

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## How I Helped My Husband

I WILL pay \$25 for the best letter from a woman on this subject: "How I Helped My Husband."

What is the real value of a wife to a man? Does she contribute as an equal partner to the family's happiness and success, or is she a parasite, consuming more than she produces?

How I Helped My Husband Earn More Money; How I Helped My Husband Get a Better Job; How I Helped My Husband When He Lost His Job; How I Helped Him Study at Home; How I Helped Him Build Up His Health; How I Helped Him Make Friends—these may suggest to you the definite experience which your letter will tell.

No letter has any chance in this contest that deals merely with generalities. Each letter must show *specifically* how the husband was able to increase his earning capacity through the wife's help.

All letters good enough to be published will be paid for at regular magazine rates. The contest closes in two weeks. Address "How I Helped My Husband Contest." THE EDITOR.

## Take Your Choice of These Two Vacations

If you are rich; that is to say, if you have as much as a dollar a day to spend for your vacation, read the following story of how three college boys traveled into the big tree country of California.



WE started out to see the big trees of California—three college students and a slow horse. Notice that word *slow*, and remember it. The slower your horse, the better time you will have; and the more scenery you will see.

In our wagon we had just the right amount of equipment, and just enough food to last a week; and the entire expense, counting the hire of the outfit, was only a dollar a day for each of three persons. For equipment, the following can hardly be improved upon:

### What One Can Buy for \$5

THREE blankets each—for the nights in the Sierras are cold; folding wood and canvas army cots, or strips of canvas if you sleep on the ground; a canteen, water bucket, frying-pan, coffee-pot, kettle, tin cups and plates, and a knife, fork, and spoon for each person.

There are usually very few "side dishes" on a trip of this kind, and consequently any additional cutlery and dishes would be nothing but an inconvenience.

The amount of good, wholesome groceries that you can buy for five dollars is

amazing. Of course you will not forget bacon and eggs, flapjack flour, plenty of bread, coffee, milk, butter, potatoes, sugar, flour, and salt. Anything else that you wish to put into the cartons is at your discretion. But these things almost any camper will regard as essential.

The horse and wagon you can hire for as little as a dollar and a half a day, feeding the animal yourself. But if you are wise you will camp at night in a place where the horse can graze, thus eliminating the necessity of carrying along a lot of hay in addition to the sack of barley which the horse will eat up in a week's time.

### Sometimes We Walked

OF course in making an ascent of 2500 feet in eight or ten miles, all but the driver had to get out and walk, to enable the horse to make his 35 miles a day; but the walking up the grades only adds to the pleasure of sitting in the back end of the wagon and dangling your feet over the edge as the wagon rolls down the level roads that wind around the mountains on the other side of the ridge.

Paul H. Dowling.



On the other hand, if you are of moderate means, able to spend say sixty cents a day, here is another kind of vacation that you can have at that price. The moral of both of these pictures is, you can get a lot of fun for a little money if you only know how.

WHEN a native New Mexican wants to travel, he puts his sheepskin and his tent and a little "grub" on the back of his burro, takes his place at the stern, and is ready and able to go anywhere except up a tree.

We adopted his method, and improved

upon it by substituting our horses for burros. Other essential items were pack-saddles at \$3 each, a sheep-herder tent at \$3.50, and a few cooking utensils. We had, of course, our blankets, guns, and cameras.

We walked from Santa Fé, New Mexico, to Taos over the top of the divide, 13,000 feet above sea-level; across the Rio Grande to southeastern Colorado; and back to Santa Fé. We were gone nine weeks, and covered 450 miles. We were often lost, but it didn't matter. There were wood and water everywhere, and the streams were full of fish. Counting everything, the expense was about sixty cents per day per man. Harvey Fergusson.



## New Low Prices On Refrigerators

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